Published Every Thursday. B. W. PECK, Editor and Proprietor

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ANSWER THE CALL.

McConnellsburg People Have Found that This is Necessary.

A cold, a strain, a sudden wrench.

A little cause may hurt the

kidneys. Spells of backache often follow.

Or some irregularity of the urine.

A splendid remedy for such at tacks.

thousands.

Is Doan's Kidney Pills.

Thousands of people rely upon

Here is one case:

Mrs. P. E. Wothington, Pleasfeeling. They have given me pany, of New York. great relief."

Price 50c, at all dealers. Don't simply ask for a kidney remedy | Mrs. Abram Burket. -get Doan's Kidney Pills-the same that Mrs. Wothington had Foster-Milourn Co., Props., Buf falo, N. Y.

Advertisement.

SALUVIA SUMMARIZINGS.

We gladly note that R. R. Sipe who was trampled by a young horse is gradually recovering.

Isaiah Sipes, who was kicked by a colt, has recovered so as to he able to work in the harvest field.

Mr. and Mrs. Austin Conrad and son Chas, Mr. and Mrs. J. A Conrad and their son William and daughter Sophia, of McKees port, were guests all of last week at the Green Hill House. Austin fished about three hours in Licking Creek on the Fourth and caught five fine bass, and on the 6th he took nine fine ones from

Thelms the little daughter of Mr. and Mrs. Palmer Strait near ly choked to death last Sunday on an apple paring. The blood flew out of her mouth and nostrils and she is quite sick from it at present.

A number of autoists from Oh-10 and western Pennsylvania who dined at the Green Hill House recently, were on their way to Baltimore to attend the big Convention of Elks.

James A. Stewart has sold two small farms of 25 to 30 acres each He gives timber with each purchase to build a house and barn. He still has two small farms with timber for building, besides his hotel and 400 acres of wood land.

"Spect" some astronomer on some distant planet will rep rt s black belt on our planet-the oil ed Lincoln Highway from New York to San Francisco.

Mr. and Mrs. Claud Metzler and two sons, of Philadelphia, are visiting Claud's parents, Geo. F' Metzler and wife, this week.

Miss Thelma Metzler returned from Normal school this week. James L. Hampton is slowly

recovering from a serious illness. Mrs. R. P. Deshong and Mrs. John Hockensmith of the Austin Place recently visited Mrs. J. A.

Stewart. Mr. and Mrs. Bert Hann and two daughters Misses Grace and Marie, autoed to Gettysburg last Sunday.

WELLS TANNERY.

The Fourth passed pleasantly here. The K G. E. picnic was well attended, including many strangers from surrounding coun

OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, is sound advice, because in the strength of middle life we too often forget that neglected colds, or careless treatment of alight aches and pains, simply undermine strength and bring chronic weakness for later years.

To be stronger when older, keep your blood pure and rich and active with the strength-building and blood-nourishing properties of Scott's Emulsion which is a food, a tonic and a medicine to keep your blood rich allowing and blood rich, alleviate rheumatism and avoid sickness. No alcohol in Scott's, Scott & Bowne, Bloomfield, N. J.

FULTON COUNTY NEWS | ties. Rev. Benson, of Hustontown, was the principal speaker. Subject-"Does It Pay?" He said it paid to belong to a good order, and to be a soldier when called.

Miss Alice Wishart is attending a missionary conference at Pocono Pines.

Mr. and Mrs. Frank Airhardt, Warsing.

Prof. H. M. Griffith and wife, who have been in Derrick City for several months, are home for nery Church. the summer. Mr. Griffith has been re elected to the superin tendency of the Derrick City schools.

Dr. Owen, and his wife and daughter have been guests of the Wishart families during the past

week. Miss Elizabeth Hixson of Crys tal Springs, spent a part of last week with her sister, Mrs Ernest Sprowl

Our young friend John Bivens who was reported ill with typhoid A medicine that has satisfied fever a few weeks ago, recovered sufficiently to move about indoors, but a relapse occurred and the nurse was recalled. However, he is again on the way to

recovery. Mr. and Mrs. Paul Baumgardant St. Chambersburg, Pa., says ner, were week end guests of "I have taken Doan's Kidney Paul's parents, Mr. and Mrs. W. Pills for severe pains in the back, H. Baumgardner. Paul is serdizzy spells and a tired, languid vice man for the De Laval Com-

> Mrs. Charles Burket and son, of Altoona, are visiting Mr. and

> Mr. and Mrs. William Helsel and children, of Johnstown, are guests of Mr. Helsel's parents, and other relatives here.

DUBLIN MILLS.

The heavy hay crop will necessitate many machines. The corn n this vicinity is very small, but recent hot weather has started it

Jacob and Edward Black are helping Charles and Jerre Knepper to cut grain.

John Wright and family were callers at Jerre Knepper's Satarday evening. They had a litle ice cream.

Ernest Gress and family, of Pittsburgh, are spending their vacation in this city.

Many of our young men would enjoy a song service some Satur day night. Why not have one in the church—it would at least do

We are anxiously awaiting to now who will be the next teach er in our school.

Newton Black expects to help James Wible to harvest.

Erman and Mae Knepper were callers in the home of their uncle Howard Barnett last Sunday.

Ambrose Wilson was the first o cut grain in this vicinity this year. Mr. Wilson is certainly mproving the once run-down

What! Did our expected bridge wash down the creek? Please ook if it has lodged somewhere. Ralph Miller, employed at Mt Upion, is at home helping his father to harvest.

A festival will be held in the grove at this place Saturday evening, July 22nd. Let each young men get him a partner and ttend Those who cannot get a a girl partner may bring any one who can eat ice cream.

PLEASANT GROVE.

July 5 -The measle scare is now over. Hospitals are broken up and quarantines lifted.

The church business meeting, postponed from June 10, will be held at 2 p m. on July 15.

Sunday School each Sunday low at 9:30 a. m., and C. E. Ser vices each Sunday evening at 7:80. Prayer meeting each Wednesday

Logue Hess is now driving a brand new Overland car.

W G. Peck loaded his car with his family and M. L. Smith and wife and made a flying trip to Osterburg last Sunday.

NEEDMORE.

Harvest is pretty well over. Thompson and Eli Peck have treated themselves to a new binder. They are doing quite a business cutting for their neighbors.

Wheat and grass good. R. C. Dixon has his new barn under roof. The new church is ready for the roof.

A noted evangelist will begin a ed jars. Seal before putting away. series of meetings at the Brethren church on Pleasant Ridge Saturday evening.

Church Notices.

There will be a festival held by Fairview M. E. church, in the grove north of the church, Saturday evening, July 15, 1916.-By order of Committee.

The mid-summer Holy Communion of the Lutheran Churc will be held on Sunday July 16 of Roaring Spring, are visiting and at 2:30 P. M. in the Law a church the latter's mother, Mrs. Jane Tannery Church. Preparatory service on Saturday preceding at 2:30 P. M. for the town church and on Sunday immediately before the Communion of the Tau-

> Preaching next Sunday evening by Rev. J. L. Yearick in the Presbyterian church. Mr. Year ick will preach in Little cove in the morning.

INDIANA NORMAL CONSERVATORY OF MUSIC

One very important part of the bly Normal School at Indiana, Pa., is the Conservatory of Music where complete courses of study in Voice, Piano, Organ, Violin or other Orchestral Instruments are given. This school has for many years been recognized as one of the most modern and fully equipped schools of music in America.

Students preparing to teach music have exceptional advantages here for

in the competition.

he KITCHEN

GUPBOARD

CANNED DELICACIES.

F your maid goes away and unex-

pected company arrives you will

not be without resources if your

canned fruit and vegetable cupboard

is well stocked. A jar of tomatoes to

stew, a jar of cherries for a pudding, a

nice dish of pickled beets and a glass

of current jelly will about make up

into a menu that the most fastidious

Canned Cherry Pudding.-Beat two

eggs separately; to the yolks add a

half cupful of sugar, a fourth cupful

of milk, a pinch of salt, two cupfuls

of sifted flour, two teaspoonfuls of

baking powder; last stir in lightly the

stiff whites. This will make a very

stiff batter. Put batter into a deep

pan and push with a spoon until the

bottom is covered. Cover the batter

with a quart of sour cherries, free from

juice, and pour over all a custard made

from four eggs, one cupful of milk and

one cupful of sugar. Mix the yolks,

the milk and the sugar and add the

stiffly beaten whites last. Bake in a

moderate oven thirty or thirty-five

Peach Pudding.

Peach Pudding de Luxe. - Line s

deep bowl with lady fingers which

have been separated, laying the out-

starch pudding flavored with almond

or vanilla; fill the bowl about one-

fourth; when the cornstarch has set-

tled lay on top of it six haives of

canned peaches, fill the bowl with the

pudding and lay on top the remainder

of the jar of peaches and sprinkle with

A Few Uses For Jelly Jelly is a

shredded cocoanut. This is delicious.

pleasant addition to rice croquettes. Pick each croquette and fill the hollow

with jelly. When you have roast lamb

serve current felly with cottage cheese.

in large spoonfuls in a shallow glass

dish, and in the hollow places put a

and cheese on the plate with the meat.

Do not add the jelly to the cheese un-

til ready to place on the table, as it

draws water if allowed to stand very

long after the jelly has been added.

apples, and as a luncheon dish serve

hot rice with a spoonful of jelly. In-

dividual jelly tarts are delicious. Make

a rich pie pastry. Ilne individual pie

tins and bake a light brown; put in

each a spoonful of hot boiled custard

and cover with felly. The hot custard

will soften the jelly so it will cover

uniformly. Stand in a cool place until

Gelatined Peaches.-Put in individual

compotes a half of a canned peach,

cover with a semicongenied gelatin

top with a half of peach and a fluff of

whipped cream, garnished with a half

of an English walnut. This makes a

White Sauce.

of an egg. Good butter must be used

for this purpose. Put in a frying pan

with a tenspoonful of flour and leave

on the stove for a few minutes. In

thin add the yolk of an egg mixed with

Sweet Potatoes and Prunes.

water. Slice two or three sweet pota

toes and dip them in hot fat, adding

little onion. Put in the prunes, which

give a delicious flavor to the potatoes.

Apple Pudding.

Make a rich ple dough and roll out

fine. Grease a pie form. Peel an apple

and chop it. Put in some raisins, sug-

ar and cinnamon. Lay the dough in

the tin, working it along the sides. Put

in a layer of filling and then a layer of

dough. Make the last layer of dough.

Cover the crust with a little butter

Bake in the oven until it is well done

Anna Thompson.

Subscript for the News.

Be careful not to burn.

Take prunes and steam them well in

Take a piece of butter half the size

very palatable and attractive dessert.

ready to serve.

a little vinegar.

epicure will enjoy.

minutes.



REXFORD D. COLBURN.

secure actual practice in teaching at the Model School. Graduates of the Indiana Conservatory are very much in demand among employers. Represents tives of schools all over the country have come to Indiana to make a study of the methods in force at this big Nor mal School. It is recognized by educa tors as one of the best schools in Amer ica. Several of the new buildings erect ed during the past ten years were designed by Dr. Ament himself, for he is an architect as well as a professor and a Principal. But above all things he is a "Builder of Schools."



CHICKEN SHORTCAKE,

LUNCHEON MENU. Chicken Shortcake. Cream Cheese. Grapefruit In Cups. Cookies. Tea.

C HICKEN SHORTCAKE - Make two thin layers of biscuit crust, spread one with butter, put the other on it and bake until golden brown. Then separate them and spread the In buying the cheese select that which lower one with leftover chicken, neatly cut into pieces and warmed with gravy. Put on the other biscuit layer and serve very hot with gravy.

Other Recipes.

Curried Shad Roe .- Wash a shad roe and boll in salt water. When well done cut in sixos. Put in a frying pan which has been greased with tablespoonful of pure olive oil. Flavor with a small onlon minced fine. Mix in a teaspoonful of curry, a dash of cayenne and two tablespoonfuls of thick cream. Serve hot.

Whitefish Saute.-Wash and clean two pounds of whitefish. Cut in slices two inches square. Dredge well in flour, pepper and salt. Put in a chafing dish with three tablespoonfuls of butter. Brown one side and turn on the other. Heat a cupful of canned tomuto. When hot pour over the fish and serve.

Flan of Vegetables,-Wash, chop fine and boil several kinds of vegetables. Put in some spinach, a carrot, a potato and a beet. Boil again in a saucepan with some stock. Add a half cupful of milk or cream. Stir well together and take off the stove to cool. When cool add the yolks of two eggs, some grated cheese and the whites of the eggs beaten up. Put the vegetables into a mold which has been well but tered and line with breadcrumbs. Cook

Raisin Rice Pudding.-Allow one tablespoonful of rice to a quart of milk, Boil fogether for one-half hour and then place in a baking dish. Wash and seed one cupful of raisins and mix with the rice. Bake in a flat dish, stiring frequently. The last half hour let the crust form without stirring. When brown remove from stove. Serve with

sugar if you like. Orange Marmalade,-Peel and slice a number of oranges. Place in fresh water for twenty-four bours. Then place in sait water and then in fresh water. Change the water every few hours. Use cupful for cupful of fruit and sugar with only enough water to keep it from burning. Cook until the tind is soft before adding the sugar. Boll down as desired and put in heat-

Anna Thompsoul.

Go Shallow in July.

has been so great that this promises to become a profitable industry for the patients.

EMPTING TENEMENTS or FEATHERED FRIENDS

Birdhouse building has become an established industry with the patients at the State Tuberculosis Sanatorium at Mont Alto. Some weeks ago

The ingenuity displayed and the knowledge which was acquired from the available literature on the subject was astonishing. Many of the patients

The competition has grown so keen between the different competitors that it was not considered advisable to trust the awarding of the prizes to

Visitors at the institution have expressed much interest in the work and the majority of the entries have already been purchased. The demand

the manual training class, which is composed of patients who have sufficiently recovered their health to engage in light tasks, was stimulated by the

are men who were skilled in other crafts and they had no difficulty in turning out tiny structures excellent in workmanship and attractive in design.

a local fury. Commissioner of Health, Samuel G. Dixon, arranged with Dr. Witmer Stone of the Philadelphia Academy of Natural Sciences to act as judge

offer of prizes for the best birdhouse, to begin the construction of various types of tempting tenements for feathered summer visitors.

In teaching agriculture, many things may be told over and over again to meet the requirements of younger men who have not had the experience of older farmers. For this reason, we repeat the warning to go shallow when cultivating corn at this season of its growth. Not only go shallow, but leave the ground as level and fine as it is possible to make it. The reasons for so doing are as follows: Corn roots are about as long as the stalks. They reach out across the rows and they are cut off if plow goes deep. If you get a good crop by Glasses deep cultivation in July, you would have gotten a better one; if you had not cut so many roots -stands to reason, does it not? Then, by leaving the top very level and fine, the moisture does not escape so rapidly in dry weather. The fine soil acts as a side of the lady fingers against the blanket. Why is it always moist under a board or big stone? It is for the same reason that very fine, level soil holds moisture best. The fine soil of your garden does not dry out as rapidly as the rougher soil in the fields.

This should prove the correctness

of the practice.

Will Your Child Be Next? is very dry, add a little salt and mix There are two cases of Infantile thoroughly with sweet cream. Lay it Paralysis in Franklin county. At this moment there are nearly one spoonful of currant jelly; serve jelly thousand cases in New York City with a larger per cent, of mortality than ever known. It is one of the most dreadful diseases known to medical science. It Use jelly to fill the hollow in baked would be well if every parent who reads this paper would turn right now to Dr. Dixon's letter in this paper and read some of the causes. Indeed it would be well if these letters were read and pondered weekly as they appear in this paper. Recently we heard something like this; "Why fill the paper with such stuff as Dr. Dixon's letter?" But since he honest Doctors of this land are doing more to eradicate dis ease by prevention than by cur ng, we urge all to lend a hand by educating themselves along sanitary lines that are known to be right. The United States has taking it off add a little warm water. dmost wiped out yellow fever in salt and pepper. When the sauce gets our south. Many other diseases are disappearing that at one time were doubly common. Do not be too proud to take advice along all sanitary lines. Your child may be next. Cases of Infantile Paralysis have been known in Fulton county. It is not confined to cities. McConnellsburg Doctors have frequently said that the newspapers could greatly aid them in preventing epidemics by teaching sanitation.

Paint Cars Here.

The Lincoln Highway Associrtion is now engaged in one of the coast. biggest activities of its kind ever undertaken namely, that of paint | men have painted 1,310 poles.

If You Have

Eye Troubles Come in and consult our Eye Specialist who will be here MONDAY, JULY 24 UNTIL WEDNESDAY, JULY 26

We invite all who suffer with tired, aching eyes, headaches, trouble to read and sew, to come in and consult our eye specialist

This Examination is Free

and is a part of the services that we offer to our customers. past, present and future.

Our Eye Specialist, RUBIN & RUBIN, will also show and explain the Shur On and Shelltex mountings, Toric and invisible lenses and all the latest in glasses. Don't neglect this opportunity.

RUBIN & RUBIN

Harrisburg's Leading Eye Specialist, will be at this drug store for three days only Monday, July 24. Special Attention to School Children. Special Attention to Nervous

L. W. SEYLAR'S DRUG STORE McConnellsburg, Pa.

Open Evenings.

ing and standardizing the markers on the transcontinental Highway across the country. Besides being the longest road in the world, the Lincoln Highway is now known as the best marked road in the world, but due to the fact that the marking has been done in each instance, by the local committees along the way, it lacks something of the uniformity which should characterize such an important thoroughfare. The association has undertaken the work, believing that with the cooperation of the cities and towns along the route, a standard and uniformly marked Highway will result and that the work can be done more cheaply and with more dispatch than were the task attempted independently at differ-

ent points. The Willys-Overland, Co. of Toledo has donated two especialy equipped and decorated cars which carry the painters and sup plies along the way, and the Wooster Brush Co. of Wooster, O., has given the brushes necessary for the work. The Patton Paint Co. of Newark, N. J., has contributed the red white and blue paint needed. Four experi enced painters have been employed and the crew was in McConnellsburg Monday night on their way westward. It is planned to have all markers 8 feet from the ground, 6 to the mile, 2 at each intersection, also two at each turn in the towns and cities. With the Lincoln Highway so marked, it will be impossible for the traveling motorist to lose his way in covering the entire distance from coast to

Since leaving New York the



The four famous 76°-Special

Motor-Auto are all distilled and refined from Pennsylvania Crude Oll. Clean, Uniform. More miles per Gallon. Costain no compressed natural gas.product. WAVERLY OIL WORKS CO.

Independent Refiners PITTEBURGE, PA. Illuminants—Lubricants Paraffine Wax FREE Tells All About Oil, Waverly Products Sold by

B. H. SHAW, Hustontown, Pa.

TO MAKE MONEY

on the farm you should never be without the National Stockman and Farmer-the paper published in the interest of Pennsylvania farmers and the one that has saved more Fulton County people from error than everything else combined. It comes weekly at \$1.00 a year. James S. Brattan, at the FULTON COUNTY NEWS office Mc-Connellsburg, will receive new subscriptions or renewals at special rates and give receipt. Ask for sample copy. 6-1-tf.

